



# SAFEWAY BAPTIST CHURCH WEDNESDAY NIGHT BIBLE STUDY

## WHO CAN YOU TRUST

PSALM 146; 150

### Lesson Text:

- I. Permanent Praise Belongs to the Lord (Psalm 146: 1-4)
- II. The Lord Is Worth Our Praise (Psalm 146: 5-7; 10)
- III. Let Everything That Breathes Praise the Lord (Psalm 150: 1-6)

### Main Thought: Psalm 146: 2

### Study Questions

1. When will the writer praise the Lord?
2. How does the writer feel about God?
3. When will the Lord reign?
4. Where did the writer say we should praise the Lord?
5. Who should praise the Lord?

### Research Question

The Apostle Paul preached a sermon in Athens. During the sermon, Paul mentioned why we should praise the Lord. What were they and where is it found?

# YOUTH STUDY: WHO CAN YOU TRUST?

## PSALM 146; 150

### Psalm 146

<sup>1</sup> Praise the Lord! Praise the Lord, O my soul! <sup>2</sup> I will praise the Lord as long as I live; I will sing praises to my God all my life long.

<sup>3</sup> Do not put your trust in princes, in mortals, in whom there is no help. <sup>4</sup> When their breath departs, they return to the earth; on that very day their plans perish. <sup>5</sup> Happy are those whose help is the God of Jacob, whose hope is in the Lord their God, <sup>6</sup> who made heaven and earth, the sea, and all that is in them; who keeps faith forever; <sup>7</sup> who executes justice for the oppressed; who gives food to the hungry. The Lord sets the prisoners free; <sup>8</sup> the Lord opens the eyes of the blind. The Lord lifts up those who are bowed down; the Lord loves the righteous. <sup>9</sup> The Lord watches over the strangers; he upholds the orphan and the widow, but the way of the wicked he brings to ruin. <sup>10</sup> The Lord will reign forever, your God, O Zion, for all generations. Praise the Lord!

### Psalm 150

<sup>1</sup> Praise the Lord! Praise God in his sanctuary; praise him in his mighty firmament! <sup>2</sup> Praise him for his mighty deeds; praise him according to his surpassing greatness! <sup>3</sup> Praise him with trumpet sound; praise him with lute and harp! <sup>4</sup> Praise him with tambourine and dance; praise him with strings and pipe! <sup>5</sup> Praise him with clanging cymbals; praise him with loud clashing cymbals! <sup>6</sup> Let everything that breathes praise the Lord! Praise the Lord!

### I. Terms to Know

departs - to go away or leave, especially on a journey.

perish - to pass away completely or become destroyed.

God of Jacob - identifies God as the God of Israel and to reinforce the connection between the Israelites and their God.

executes justice - giving people what they deserve, or what is fair and right for them to have.

oppressed - people who are governed in an unfair and cruel way and prevented from having opportunities and freedom.

orphan - a child whose parents are dead.

widow - a woman who has lost her husband and is no longer married.

frustrate - to make someone feel annoyed or less confident because they cannot achieve what they want.

wicked - people who are morally wrong, live in sin, and go against God's will.

Zion - is described as a "city of refuge" where the Lord protects his people.

generations - a group of people descended from a common ancestor.

firmament - the sky or heavens, often described as a solid arch or vault.

surpassing - to be greatly better or greater than others, or to be of a very high degree.

## II. Summary

Psalm 146 is a psalm of praise that encourages people to trust in God and not in powerful people, and that God is the source of hope and praise:

- Trust in God: encourages people to trust in God and to hope in him. It describes God as the creator and deliverer who made heaven and earth, set prisoners free, and healed the sick.
- Warn against trusting in powerful people: warns people not to trust in princes, politicians, or government officials because they are human beings and cannot help them.
- God's commitments: lists God's commitments to the world, including justice, righteousness, supporting the oppressed, and delivering from evil.
- Vision of healing and restoration: portrays a vision of healing, restoration, and wholeness. It assures people that God's kingdom is different from the broken world where disappointment, anger, and injustice are common.

Psalm 150 is the final psalm in the Book of Psalms and is a celebration of praising God. It can be explained for kids in a few ways:

- Praise God everywhere: God should be praised in the sanctuary, in the open sky, and in all places.
- Praise God for everything: God should be praised for who God is and for everything God has done, including little things.
- Praise God in many ways: with instruments and with dance. It also says that God can be praised with everything people lay their hands on.
- Praise God is for everyone: praising God is for everyone and every living thing, not just a select few.
- Praise God even in dark times: interpreted as a reminder to praise God even when circumstances are dark.

## III. Questions

1. When will the writer praise the Lord? \_\_\_\_\_
2. How does the writer feel about God? \_\_\_\_\_
3. When will the Lord reign? \_\_\_\_\_
4. Where did the writer say we should praise the Lord? \_\_\_\_\_
5. Who should praise the Lord? \_\_\_\_\_

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